

**Overton  
Harriers**



**&  
Athletic Club**

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March 2012 Issue 415

Visit us on our Web Site at [www.overtonharriers.org.uk](http://www.overtonharriers.org.uk)

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You can view or print this and previous editions from our website

April 1 <sup>st</sup>	<b>COMBE GIBBET TO OVERTON 16 MILES (Cons League)</b>
6 <sup>th</sup>	Maidenhead 10 mile
7 <sup>th</sup>	Newport to Ryde 7.2 miles      Compton Downs 20 / 40 miles
9 <sup>th</sup>	West Wight 3 Hills 8 miles
14 <sup>th</sup>	<b>HURSTBOURNE TARRANT 5 MILES</b>
15 <sup>th</sup>	Brighton Marathon
21 <sup>st</sup>	<b>SOUTHERN LEAGUE AT ANDOVER</b>
22 <sup>nd</sup>	<b>LONDON MARATHON</b>
29 <sup>th</sup>	Houghton 11km (Stockbridge)

*Park Run 5k's: 9am each Saturday at the War Memorial Park, Basingstoke, Greenham Common, Newbury & Charlton Sports Ground, Andover*

### **FRANNY'S BITS**

Well even with the Combe Gibbet race done, race report and photos next month, we still have a busy month ahead. The clubs AGM takes place after training on April 19<sup>th</sup> and the club presentation dinner is at the Red Lion, Overton on April 27<sup>th</sup>. If you wish to come to the dinner contact John Hoare ASAP. For others it sees the culmination the long months of Marathon training, I hope your training has gone better than mine and good luck on marathon day.

Please make sure you give me your nominations for the Club Person of the Year Trophy, there has already been a great response and the voting is too close to call at present. Please E Mail / Text / Tel me your nomination ASAP.

The Summer handicap dates have been posted but the choice of course may change due to the re-building of the railway bridge above Overton School, hopefully they will have a footbridge in place. I will forward further information when I have it.

Southern Track and Field starts on 21<sup>st</sup> April with our home fixture at Andover. The Southern League is a great event with opportunities for all athletes and we would especially welcome any ladies who are interested in running in the "middle distance" events, i.e. 1500m, 3000m and the 2000m steeplechase.

Don't forget on 20<sup>th</sup> May there is Netley 10k; following this race the club will be holding a BBQ in the Country Park so sign up on the notice board for the race – more details later

## SEMI-MARATHON DE PARIS 5<sup>th</sup> March *from Robin Oakley*

With a fledgling relationship to nurture and a free race weekend (I'll leave you to rank them) Kerri and I zoomed over to Paris on the Eurostar for the Semi-Marathon De Paris.

We got the early train on the morning before the race with the aim of registering and then doing a bit of light sightseeing in the afternoon. Unfortunately as I'd been to Paris before I took on the navigational duties (always a bad idea) so a 100 yard stroll to the hotel from the nearest tube, turned into a 2 mile hike from what I thought was the nearest tube! Luckily we'd pre-booked a bus tour so we spent the afternoon seeing the sights while parked on our derrieres.

On the Sunday morning we got to the race site very early, which was fortunate as there were only about 20 portaloos to cater for the 30000 runners. Some of the runners in my pen got round this by waiting until just before the start and urinating through the fence right in front of the massed spectators. Lovely - luckily I didn't see what lengths they would go to for a numero deux, otherwise known in France as Le Blissy.



So, to the race itself. As is usually the way with such a big field, the first mile was a bit frustrating, not helped by a load of cheapskate (and deathly slow) runners who decided to join the race 100 yards up the road. However, with some good slalom skills and a few "sacre bleus" I managed to get into my running. The course was generally pretty flat, although there were a couple of decent hills towards the end, and the conditions were fantastic with cool temperatures and not much wind. In the end I managed to take a decent chunk off my PB with a time of 1:23:23 seconds, although I was slightly annoyed to see 13.2 miles on my Garmin at the end so it could probably have been a little quicker.

Kerri also had a really good race, putting her injury problems behind her, to clock 1:39:57; a promising sign of things to come for the rest of the season.

The rest of the trip was very enjoyable, if a little cold, other than being robbed of 23 Euros for a couple of diet cokes in a restaurant by the Louvre (long story), and taking over 8 hours to get back to London on the train (even longer story - especially as we were seated next to a French teacher and 3 of her A-level students who had a bad case of what my mum calls verbal diarrhoea - the 3 hours between 9pm and midnight spent listening to them try and teach Ancient Hebrew to their teacher will haunt me forever!).



<b>Harrier</b>	<b>Gun Time</b>	<b>Chip Time</b>	<b>Position</b>
Robin Oakley	01:24:12	01:23:23	416 <sup>th</sup>
Kerri Barton	01:42:40	01:39:57	3462 <sup>nd</sup> (130 <sup>th</sup> Lady)

### SOUTHERN ATHLETIC LEAGUE - FIXTURES 2012

<u>Date</u>	<u>Venue</u>	<u>Opponents</u>
Apr 21 <sup>st</sup>	Andover	Southampton, Havering Mayesbrook, Luton
May 19 <sup>th</sup>	Harrow	Harrow, Walton, City of Norwich
June 9 <sup>th</sup>	Welwyn Garden City	Herts Phoenix, Stevenage & NH, Peterborough
July 14 <sup>th</sup>	Chelmsford	Chelmsford, Ashford, Marshall Milton Keynes
Sept 1 <sup>st</sup>	Worthing	Worthing, Nene Valley Harriers, Enfield & Haringey

## **SALISBURY 10**      **11<sup>th</sup> March**

The men's team got another good team result in this fixture and a top 2 placing in the league looks a real possibility, added to this, Kerri made her racing comeback after some time out with injury and was ably supported by Lucy & Claire.

Sean has been flying in training and was, unsurprisingly, the first Harrier home in a very fast time to take the club title. The big surprise (although I had predicted it back in January) was Bliss being our second man home. Since his operation Mike has gradually been working his way up the field on training nights and had some good end of season XC results, hopefully his improvement will continue.

Lee was well off his pace from last year but this race came after a period of illness & very high mileage as he pursues his marathon goal. A fine PB from Robin closed the team home in under 61 minutes which was an outstanding run for him over this undulating course. Neil Martin had a clear margin over Neil Glendon while the consistent Dave Titcomb put in a solid run as he starts his spring campaign.

Kerri wasn't very happy with her run here last year but, after her injury problems, she must have been delighted as she ran almost 2 minutes quicker this time and is hopefully on her way back to top form. Piers on the other hand would rather forget this one after depositing his breakfast in several locations around the course to finish 10 seconds behind Kerri.

The club PB machine struck again as Lucy finally got under the 80 minute barrier as she strengthened her grip on the Consistency League and the ladies team was closed by Claire who was making a very promising 10 mile debut in a club vest, It will be interesting to watch her progression over the next 12 months.

<b>Harrier</b>	<b>Time</b>	<b>Position</b>
Sean Holmes	57:00	9 <sup>th</sup> (1 <sup>st</sup> Vet 40)
Mike Bliss	59:12	24 <sup>th</sup> (2 <sup>nd</sup> Vet 50)
Lee Tolhurst	59:56	26 <sup>th</sup>
Robin Oakley	01:00:48	40 <sup>th</sup>
Neil Martin	01:02:47	57 <sup>th</sup>
Neil Glendon	01:64:41	75 <sup>th</sup>
Dave Titcomb	01:11:15	170 <sup>th</sup>
Kerri Barton	01:15:28	242 <sup>nd</sup>
Piers Puntan	01:15:38	248 <sup>th</sup>
Lucy Pearson	01:19:32	319 <sup>th</sup>
Claire Boyle	01:24:20	389 <sup>th</sup>

*575 finished*

## **FOXDOWN HANDICAP**      **22<sup>nd</sup> March**

The last race of the season was run in good conditions but was marred by some rather unsocial behaviour by a couple of local residents (and that's the polite description) one of whom nearly crushed Kerri in the finishing straight. Piers also had a close call and ended sitting on a car bonnet after a driver failed to look both ways when turning left up Station Hill. We may have to make some changes with regards to start times etc next year but not until it has been fully discussed; the safety of club members is of paramount importance.

There was further grief when the watch managed to reset itself to zero mid-race, quick thinking by the timekeepers ensured that we managed to get times for everyone & by comparing them with runners own times we think they are only a second out at worse (at that means Robin too).

Onto the race and Eric could be clearly heard as he climbed the last hill in front of the church and was obviously giving it everything with the pack hunting him down. As it was he could have stopped at the last corner and had a victory pint as he showed a big improvement on his early season form for a convincing win. Second was pre race favourite Greg who could not repeat last month's crowd pleasing win and is now heading back to a more normal start place next October.

Next home was Lucy whose 27 second PB & ultra consistency this winter saw her comfortably retain the handicap title. Robin finished fourth and, with Sean already the victor, confirmed himself second in the time league. Keith Vallis took third in the time league ahead of Richard Alvis who will be pleased with his first handicap season which saw him finish second overall behind Lucy with Sean taking third.

Further good runs came from Kerri (returning to full fitness), Clare Boyle who ran a 16 second PB. 44 runners took part this year but only 8 managed to complete the season still in the leagues by only missing one race. Sean, Eric & Lucy were the only ones with 100% records.

Pos.	Harrier	Fin. Time	H'Cap	Act. Time	Time Pos.
1	E. Tilbury	28.59	0.26	28.33	13
2	G. England	30.21	7.28	22.53	3
3	L. Pearson	30.34	3.08	27.26	11
4	R. Oakley	30.37	9.23	21.14	2
5	K. Barton	30.43	4.31	26.12	9
6	C. Boyle	30.45	3.14	27.31	12
7	B. Hay	31.00	5.05	25.55	8
8	S. Holmes	31.06	10.50	20.16	1
9	R. Alvis	31.10	6.40	24.30	5
10	M. Monaghan	31.18	5.34	25.44	7
11	M. Van Neuten	31.23	1.22	30.01	14
12	C. Driver	31.26	1.07	30.19	15
13	P. Puntan	31.46	7.51	23.55	4
14	S. Mccann	32.31	1.09	31.22	16
15	K. Clark	32.34	6.51	25.43	6
16	A. Paul	32.39	5.34	27.05	10
17	E. Edwards	33.31	0.00	33.31	17

<b>HANDICAP LEAGUE</b>										
Pos	Harrier	Oct	Nov	Dec	Jan	Feb	Mar	Agg	Worst	Total
1	L. Pearson	4	8	3	5	14	3	37	14	23
2	R. Alvis	50	5	11	3	5	9	83	50	33
3	S. Holmes	6	9	12	10	9	8	54	12	42
4	R. Oakley	2	14	50	18	10	4	98	50	48
5	K. Vallis	15	12	15	8	6	50	106	50	56
6	K. Barton	5	18	16	50	12	5	106	50	56
7	E. Tilbury	8	13	17	23	17	1	79	23	56
8	M. Bliss	19	3	2	6	50	50	130	50	80

<b><u>TIME LEAGUE</u></b>										
<b>Pos</b>	<b>Harrier</b>	<b>Oct</b>	<b>Nov</b>	<b>Dec</b>	<b>Jan</b>	<b>Feb</b>	<b>Mar</b>	<b>Agg</b>	<b>High</b>	<b>Total</b>
1	S. Holmes	1	1	1	1	1	1	6	1	5
2	R. Oakley	2	3	50	6	2	2	65	50	15
3	K. Vallis	8	7	4	8	3	50	80	50	30
4	R. Alvis	50	10	7	11	6	5	89	50	39
5	G. England	10	11	50	13	4	3	91	50	41
6	K. Barton	11	13	10	50	11	9	104	50	54
7	L. Pearson	15	16	11	17	16	11	86	17	69
8	E. Tilbury	14	17	17	21	17	13	99	21	78

### **MOB MATCHES**

Basingstoke has accepted the annual challenge and the dates have now been set for this years mob match events. To the uninitiated; a mob match is a race where each club turns out as many runners as possible. If one club has 20 runners & the other club has 17 the race is decided as a 17 aside match. The winner gets one point, second 2 points etc etc & the team with the lowest total wins that race. The team with the lowest aggregate total after both races are the champions.

As Basingstoke are a bigger club than us they generally turn out more runners so, as defending champions, it is important that we turn out as many of our club members as possible regardless of age, ability or level of fitness. This is a friendly way to introduce new runners to some “gentle” competitive running plus there are no entry fees to worry about, so don’t be shy & sign up for the first run ASAP.

Both runs are held on a Thursday evening & the first is on June 28<sup>th</sup> at Cliddesden Village Hall, the course is approx 4.5km of Cross Country footpaths. Basingstoke will be providing refreshments in the hall afterwards. The second run will be held in conjunction with our 3.5 mile Thursday handicap race on July 19<sup>th</sup>, there will a BBQ afterwards.

More information will be posted on the notice board later.

### **EASTLEIGH 10k    25<sup>th</sup> March**

It was an excellent day for the club with 7 men under 40 minutes as they continued their assault in the Road Race League. It was also a phenomenal day all round as PB’S were shattered throughout the field with James leading them home in style as he broke through the 34 minute barrier for the first time. Sean also ran a PB that was just reward for a superb winters training. Lee again had the marathon miles in his legs and was happier with this run after his off day at Salisbury. Robin anchored the team home and shattered his fastest time by over 2 minutes to bring the A team home in a fine 4<sup>th</sup> place.

There was a great battle next with Richard edging out Neil Glendon by 2 seconds, I know Neil ran a massive PB while I think Richard was only 10 seconds outside his as he showed a very welcome return to his best form. Neil trimmed 7 seconds off the PB he set here last year but is certainly capable of going faster. Martin had a great battle with Piers who helped Martin become another to slash over 2 minutes off their best. John ducked under 42 minutes to gain the bragging rights over his arch-nemesis Dave although I’m not sure if it was a PB while Bob put in a welcome appearance with a solid run.



No PB from Kerri, but it was stunning run considering her injury problems, to lead home the ladies squad with ET having a good run to take 4<sup>th</sup> in his age group. Steve was chasing him all the way and butchered his PB in the process (I'm glad I stayed in bed).

Boring as it may be, I suppose I had better mention that Lucy ran a PB for the umpteenth consecutive race, breaking the 47 minute barrier but long may it continue.

The ladies team was anchored home by Carole who has impressed a few people with her training performances during the winter and this result was due reward for all the hard work she has put in plus I'm fairly sure it was yet another PB.

Clare ran solidly to duck under 51 minutes which was outside her time from last year but which gives her a good base to work from while Monique closed the club interest with a run that should give her some confidence for improvement in the coming weeks & months.



<b>Harrier</b>	<b>Gun Time</b>	<b>Chip Time</b>	<b>Position</b>
J. Knight	33:51	33:49	37 <sup>th</sup>
S. Holmes	34:32	34:29	49 <sup>th</sup>
L. Tolhurst	35:17	35:14	63 <sup>rd</sup>
R. Oakley	36:25	36:21	95 <sup>th</sup>
R. Clifford	37:07	37:03	109 <sup>th</sup>
N. Glendon	37:10	37:04	111 <sup>th</sup>
N. Martin	37:57	37:53	143 <sup>rd</sup>
M. Groundsell	40:21	40:15	239 <sup>th</sup>
P. Puntan	40:22	40:15	240 <sup>th</sup>
J. Castelli	42:09	41:59	329 <sup>th</sup>
D. Titcomb	42:45	42:35	366 <sup>th</sup>
B. Hawrylak	43:04	42:39	388 <sup>th</sup>
K. Barton	44:15	44:01	459 <sup>th</sup>
E. Tilbury	46:25	45:53	620 <sup>th</sup>
S. Edwards	46:47	46:08	647 <sup>th</sup>
L. Pearson	47:37	46:59	703 <sup>rd</sup>
C. Driver	49:59	49:21	869 <sup>th</sup>
C. Parsons	51:12	50:34	960 <sup>th</sup>
M. Van Neuten	51:20	50:42	967 <sup>th</sup>

## JUNIORS NEWS

It's been an action packed winter including children taking part in 8 cross country races and 4 Sportshall competitions in our first competitive season. We've all learned a lot and really enjoyed ourselves but are happy to have a break from competitions for a while and we will also have a break from training over the Easter Holidays. However, we are hoping some of the children will take part in the 2km Fun Run at Hurstbourne Tarrant on Saturday 14<sup>th</sup> April.

After the Easter break, Thursday evening training will move down to the Overton Recreation Centre, Bridge Street, still at 6:15pm to 7:15pm. Saturday training will continue at the school from 9:30am to 10:30am.

### **Awards**

At the end of training on Thursday 26<sup>th</sup> April we will hold a short presentation for the UK Athletics Endurance awards which the children have been working towards this winter. We will also be giving out medals to everyone who has participated in the Sportshall and Cross Country events this season.

### **'Try Athletics' Morning – Saturday 21<sup>st</sup> April**

Training on Saturday 21<sup>st</sup> April will be outside the Community Centre, in the centre of the village. We will be showcasing the junior section of our club and promoting the 100 day countdown to the Olympics which will have recently passed. If anyone is in the village that morning (9-11am) please come along and see what we're up to.

### **Race Reports**

#### **Border League Race 4 (Lord Wandsworth College) from Georgia Vallis**

It was a wet and rainy Sunday morning when 9 members of the Juniors turned up to a soggy race course at Lord Wandsworth College. The walk to get to the race start was horrible (they parked us about half a mile away). We had plenty of girls in the Under 9s race (me, Emily, Jessica, Amelia and Victoria). This time we had to run 1.6k instead of the normal 1.3k. We all found the course muddy and wet. The Under 9 girls started first (as usual). Most of us took it steady on the first lap of the field and then put a lot of effort on the hill. I saw someone fall over in the mud and they were wearing a white T-shirt. The girls all stuck together in a group throughout the race and had we were all pleased to finish. The boys went next (Rory, Harry and Silas). Some of us watched the boys race, but most of us didn't (we were too cold to watch) [the boys all ran well despite the awful conditions]. Our last race was the Under 11 Girls which was Molly's birthday race! I was still too cold to watch but I did pop my head out of the tent now and again. Molly found this one hard as it was so cold and wet, but she still ran really well. After her race Molly saw her birthday cake which Anna baked. It was LOVELY!!!!!!

#### **Lord Wandsworth Race 4 – 11<sup>th</sup> March**

The sun was shining for our last Cross Country race of the year. It was an all-girls affair, with athletes in the Under 9 and Under 11 races. Molly started the day on top of the leaderboard for the series in the Under 11s, but there was a girl from Basingstoke & Mid Hants Athletics Club a very close second, so Molly knew she'd have to work hard to finish top. The lead in the girls race changed hands several times, but it was Molly who came out on top with a really strong finish, to win the Girls Under 11's and to take the series trophy.

The Under 9's (Jessica, Amelia, Annabelle and Emily) all ran well, despite the leader taking some of them the wrong way!

#### **Sportshall Match 4 – 18<sup>th</sup> March (Eastleigh)**

We celebrated Mother's Day in style, at Fleming Park Leisure Centre in Eastleigh for our fourth and final Sportshall event. The children are starting to benefit from the winter's training and performances have been getting better throughout the season. We held our own against the big clubs and also against the bigger children!

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**Notice of Annual General Meeting 19<sup>th</sup> April 2012**

**Overton Recreation Centre, Social Bar, 8:30pm**

- 1. Apologies**
- 2. Minutes of last AGM, 5<sup>th</sup> May 2011 to be ratified**
- 3. Chairman's Report : Mark Dennison**
- 4. Club Captain's Overview : Lee Tolhurst**
- 5. Treasurer's Report : Sean Holmes**
- 6. Election of Officers**

<b>Post</b>	<b>Nomination</b>
<b>Chairman</b>	<b>Mark Dennison</b>
<b>Treasurer</b>	<b>Sean Holmes</b>
<b>Secretary</b>	<b>Neil Martin</b>
<b>Membership Secretary</b>	<b>Neil Martin</b>
<b>Club Captain</b>	<b>Lee Tolhurst</b>
<b>Ladies Captain</b>	<b>Kerri Barton</b>
<b>Vets Captain</b>	<b>Richard Francis</b>
<b>Member</b>	<b>Monique Van Nueten</b>
<b>Member</b>	<b>Helen McMahan</b>
<b>Member</b>	<b>Piers Puntan</b>
<b>Member</b>	<b>Richard Francis</b>
<b>Member</b>	<b>Vacant</b>
<b>Member</b>	<b>Vacant</b>

- 7. AOB**